

Name: Jerrad Xavier





## **NUTRITION TIME DOCUMENTATION FORM - AUGUST 2011**

Please Print

Locatio	n:Laird Elementary	Grade(	s):1st	_ # Kids:	_24
Week 1 (Aug 1-5): I spent hours teaching nutrition.  Week 2 (Aug 8-12): I spent4 hours teaching nutrition.  Week 3 (Aug 15-19): I spent6 hours teaching nutrition.  Week 4 (Aug 22-26): I spent3 hours teaching nutrition.					
Total hours this month:13  Please indicate how many times (not X's or check marks) you taught the following nutrition topics this month (can be any length of time & can be taught more than once a day)					
#	<b>Topic</b> Fat Free & Low Fat Milk or Equivalent (and	#	Topic		
2	Alternative Calcium Sources)	11	MyPlate – Healt	hy Eating Plan	
	Fats and Oils	2	Physical Activity		
3	Fiber Rich Foods	10	Promote Health	y Weight	
	Food Shopping / Preparation		Sodium & Potass	sium	
7	Fruits & Vegetables	2	Whole Grains		
4	Lean Meat & Beans	15	Hand Washing/F	ood Safety	
	Limit Added Sugars or Caloric Sweeteners	11	Hydration		
MyPlate topics. <b>F</b> session t then it w	pics taught at separate times should each be are taught together (whole grains, milk, etc.) or example, if Fruits & Veggies are taught in o then these would be counted separately. If yould be counted as MyPlate.	<u>, they sh</u> ne sessic	ould be counted on and Whole Gr	d as MyPlate r ains are taugl together in th	<u>not as individual</u> ht in a separate
Kid Zone Supervisor Signature Date					
	www.eatwe	ellbewell.c	org		

Forms should be turned in at the end of each month to the Kid Zone mailbox at your school or mailed in with included envelopes. For questions or concerns contact: Brandon Hernandez at (480) 350-5409, <a href="mailto:Brandon Hernandez@tempe.gov">Brandon Hernandez@tempe.gov</a>, or Jerrad Xavier at (480) 350-5447, <a href="mailto:Jerrad Xavier@tempe.gov">Jerrad Xavier@tempe.gov</a>. Thank you for your participation.